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ABSTRACT

This package consists of various bilingual instructional materials for use in helping Indochinese refugees learn basic nutrition skills. Included in the package are translations in English, Vietnamese, and Lao of booklets outlining guidelines for adapting Indochinese dietary habits to incorporate foods available in the United States, including foods from the four basic food groups in the daily diet, nutrients for health, selecting foods rich in calcium, and a guide to good eating. A booklet about eating foods rich in iron is presented in English, Vietnamese, Lao, and Cambodian. (MN)

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ED264410

ASIAN BASIC 4 ADAPTATIONS

BASIC 4 FOOD GROUPS

NUTRIENTS FOR HEALTH

CALCIUM: A DIETARY MINERAL

IRON: A DIETARY MINERAL

GUIDE TO GOOD EATING

COOPERATIVE EXTENSION SERVICE
UTAH STATE UNIVERSITY, LOGAN

CE043113

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EL 205 R7A

Asian Basic 4 Adaptations

BỐN NHÓM THỨC ĂN CĂN BẢN THÍCH HỢP CHO NGƯỜI Á ĐÔNG

ASIAN DIETS ARE NUTRITIOUS

THỨC ĂN Á ĐÔNG RẤT BỔ DƯỠNG

AMERICANS USE THE BASIC 4 AS A GUIDE TO GOOD NUTRITION

NGƯỜI MỸ DỰA THEO 4 NHÓM THỨC ĂN CĂN BẢN ĐỂ ĐƯỢC CHỈ DẪN MỘT LỐI DINH DƯỠNG KHOẺ MẠNH

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USU Extension Home Economist

Bản Dịch Tiếng Việt Do Tuyết Seethaler
USU Extension Refugee Programs

COOPERATIVE EXTENSION SERVICE
UTAH STATE UNIVERSITY

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

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BEST COPY AVAILABLE

Let's compare American foods to Asian foods, using the Basic 4. The Milk Group provides a good source of the dietary mineral calcium, as well as protein and minera

AMERICAN MILK GROUP

NHÓM SỮA (theo người Mỹ) gồm có:

Căn cứ theo 4 Nhóm Thức Ăn Căn Bản, ta thử so sánh đồ ăn Mỹ và Á Đông. Nhóm Sữa cung cấp rất dồi dào chất vôi, prô-tê-in và các khoáng chất khác.

BEST COPY AVAILABLE

Asians usually don't have as many dairy products available to them; so they get calcium from other sources.

ASIAN "MILK SUBSTITUTE" GROUP

NHÓM THỨC ĂN CÓ THỂ THAY THẾ SỮA CHO NGƯỜI Á ĐÔNG

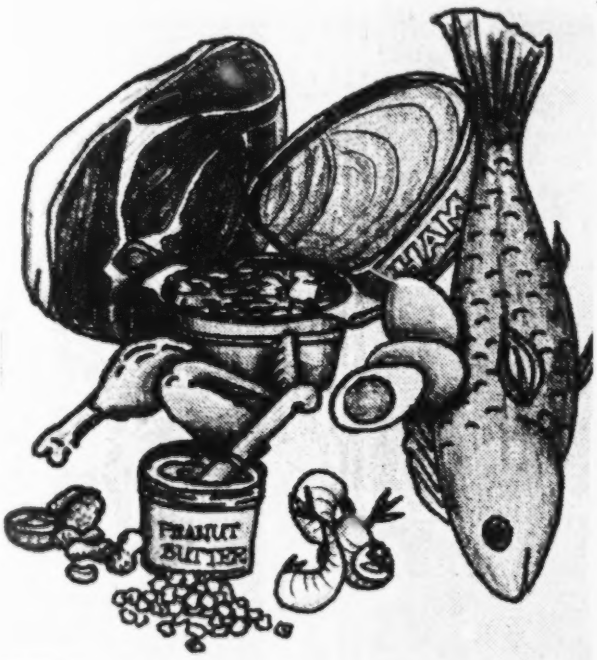
Người Á Đông rất ít dùng các sản phẩm làm từ sữa vì nó rất hiếm hoi; thế nên họ dùng các nguồn thức ăn khác để có chất vôi cho cơ thể.

Người Á Đông dùng các thức ăn có nhiều chất vôi (coi hình vẽ trên) để thay thế nhóm sữa.

The Meat Group provides a good source of protein, vitamins and minerals. Americans eat readily-available meats, poultry, eggs, fish, dry beans and nuts.

AMERICAN MEAT GROUP

NHÓM THỊT (theo người Mỹ) gồm có:



Nhóm Thịt cung cấp dồi dào các chất bổ như pro-tê-in, sinh tố và khoáng chất. Người Mỹ ăn các thức ăn bán sẵn ở chợ như thịt, gà vịt, trứng, cá, đậu khô, hạt giẻ.

Asians eat readily-available fish, eggs, poultry, meats, dry beans and nuts.

ASIAN MEAT GROUP

NHÓM THỊT THEO NGƯỜI Á ĐÔNG gồm có:

Người Á Đông ăn các loại đồ ăn lúc nào cũng có bán ở chợ như : cá, trứng, gà vịt, các thứ thịt, đậu khô và hạt giẻ.

Americans eat a variety of fruits and vegetables that grow well in America's climate. This food group provides a good source of vitamins and minerals.

AMERICAN FRUIT AND VEGETABLE GROUP

NHÓM TRÁI CÂY & RAU CẢI (theo người Mỹ) gồm có:

Người Mỹ ăn nhiều loại trái cây và rau cải khác nhau trồng dễ dàng ngay trên đất Mỹ. Nhóm thức ăn nầy cung cấp rất nhiều sinh tố và khoáng chất.

Asians also eat a variety of fruits and vegetables, including tropical and Oriental varities.

ASIAN FRUIT AND VEGETABLE GROUP

NHÓM TRÁI CÂY VÀ RAU CẢI THEO NGƯỜI Á-ĐÔNG gồm có:

Người Á-Đông ăn nhiều loại trái cây và rau cải khác nhau, gồm các loại trồng ở vùng nhiệt đới và ở vùng Đông Nam Á.

The Grain Group provides a good source of carbohydrate, vitamins, and minerals. Americans enjoy eating a variety of breads, cereals, and pasta. Grain products made in America are usually enriched with vitamins and minerals.

AMERICAN GRAIN GROUP

NHÓM HẠT & MỄ CỐC (theo người Mỹ) gồm có:

Nhóm hạt và mễ cốc cung cấp dồi-dào các chất car-bô-hy-drát, sinh tố và khoáng chất. Người Mỹ rất ưa chuộng các loại bánh mì, cốm cereals, và các loại nuôi, mì Ý-Đại-Lợi. Các sản phẩm mễ cốc và lúa mì chế tạo ở Mỹ quốc thường được tăng thêm các sinh tố và khoáng chất nên rất bổ.

Asians enjoy eating rice and rice flour products. Oriental noodles are usually made from rice or wheat flour. Grains from Oriental markets are not enriched.

ASIAN GRAIN GROUP

NHÓM MỄ CỐC & HẠT (theo người Á Đông) gồm có:

Người Á Đông thích ăn cơm và các sản phẩm làm từ gạo ra. Các loại bún và mì của người Á Đông thường làm từ gạo và lúa mì và có bày bán ở các tiệm thực phẩm Á Đông nhưng đa số chưa được tăng thêm chất bổ dưỡng.

In the Milk Group, eat 2 servings daily for adults

OR eat 4 servings daily for teenagers and pregnant or lactating women

OR eat 3 servings daily for children

NHÓM SỮA - Người lớn cần dùng 2 phần mỗi ngày (2 ly lớn)

- Trai gái tuổi dậy thì hoặc đàn bà có mang ngặc cho con bú cần 4 phần mỗi ngày (4 ly lớn)
- Trẻ con cần 3 phần mỗi ngày (3 ly lớn)

ASIAN/AMERICAN		Á ĐÔNG/MỸ
MILK/MILK SUBSTITUTE GROUP (for calcium)		NHÓM SỮA/CÁC CHẤT THAY THẾ SỮA (để cung ứng số chất vôi cần thiết)
Milk		Sữa
Tofu		Đậu hủ
Cheese		Phó-mách
Yogurt		Da-Ua (sữa chua)
Dark, green vegetables		Rau cải màu xanh đậm
MEAT GROUP		NHÓM THỊT
Fish		Cá
Poultry		Gà
Eggs		Trứng
Beef		Thịt bò
Beans		Đậu trái
Nuts		Các loại hạt

In the Meat Group, eat 2 servings daily.
In the Fruit-Vegetable Group, eat 4 servings daily.
In the Grain Group, eat 4 servings daily.

Nhóm Thịt, bạn cần ăn 2 phần ăn mỗi ngày (1 đùi gà hoặc 1 cốt-lết mỏng được coi như là một phần ăn thịt 2 trứng gà cũng có giá trị tương đương)

FOOD GROUPS — CÁC NHÓM THỨC ĂN

FRUIT AND VEGETABLE GROUP — NHÓM TRÁI CÂY VÀ RAU CẢI

Variety of Fruits and Vegetables

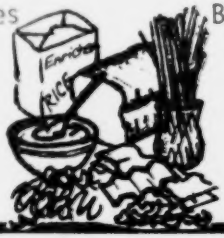
Các loại trái cây và rau cải khác nhau

GRAIN GROUP — NHÓM HẠT & MỄ CỐC

Enriched rice — Gạo (đã được tăng thêm chất bổ dưỡng)

Wheat Products (Bread, Cereal, Pasta) — Sản phẩm làm bằng lúa mì (Bánh mì, Cốm cereal, mì Ý-Đại-Lợi)

Oriental Noodles — Bún và mì Á Đông



Although there are common foods, seasonings can make the difference between food that is "tasty" and food that is unacceptable. Eating foods from the Basic 4 Groups is easier if common seasonings are used as well. Here's a list of common seasonings that can adapt to American or Asian culture.

AMERICAN	GIA VỊ MỸ
Cinnamon	Quế
Chili Powder	Ớt Bột
Cloves	Cloves
Mustard	Mù-tạc
Nutmeg	Nutmeg
Black Pepper	Tiêu
Salt	Muối
Oregano	Oregano
Sage	Sage

ASIAN	GIA VỊ Á ĐÔNG
Fish sauce	Nước mắm
Soy sauce	Xì dầu
Oyster sauce	Dầu hào
Hot peppers	Ớt
Ginger root	Gừng
Garlic	Tỏi
Onion	Củ hành
Leek	Poi-rô
Sesame seed oil	Dầu mè
MSG	Bột ngọt

Gia vị đóng vai trò quan trọng trong việc chế biến thức ăn dở thành ngon. Đồ ăn Mỹ và Việt sẽ dễ được hấp thụ hơn nếu ta dùng gia vị giống nhau khi sửa soạn bữa ăn cho gia đình theo 4 Nhóm Thức Ăn Căn Bản.

EL 205R7

Asian Basic 4 Adaptations

ການດັດແປງແຫ່ງ ອາຫານພາ
ຕັ້ນ ຂອງ ເຮາເຊ້ຍ 4 ຢ່າງ

ASIAN DIETS ARE NUTRITIOUS

ການ ລ້ຽງ ແລະ ບຳຮຸງຮ່າງ ກາຍ ອາຫານ ພື້ນ ເຮເຊ້ຍ

AMERICANS USE THE BASIC 4 AS
A GUIDE TO GOOD NUTRITION

ອາເມຣິກັນ ໃຊ້ ຄຳ ແນະນຳ ພາກ ຕົ້ນ 4
ຢ່າງ ໃນ ການ ລ້ຽງ ແລະ ບຳຮຸງ ຮ່າງ ກາຍ
ໃຫ້ ດີ.

Written by JoAnn Mortensen,
USU Extension Home Economist

Lao Translation by Inh Simoukda

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Let's compare American foods to Asian foods, using the Basic 4. The Milk Group provides a good source of the dietary mineral calcium, as well as protein and minerals.

AMERICAN MILK GROUP

ทาน ปฺยบ ทฺย อาหาร ของ ชาว อาเมริกัน กับ ที่ อาหาร ชาว เอเชีย ตาม
หมวด หมู่ 4 อย่าง นี้ . มัน มี ส่วน ช่วย ให้ เพิ่ม อาหาร พิเศษ แก่ ร่างกาย
และ ยัง เพิ่ม ขึ้น ว่า มี ประโยชน์ เท่า กัน .

ประเภท นม ของ อาเมริกัน

Asians usually don't have as many dairy products available to them; so they get calcium from other sources.

ASIAN "MILK SUBSTITUTE" GROUP

ทางปฏิบัติแบบประเพณีนิยมของชาวเอเชีย. คนเอเชียบ่มีทางหาได้ความสดวกแต่ละอันหลาย; สิมันพวกเขาก็ได้รับทางอื่นมาจากสิ่งอื่นๆ อีกด้วย.

The Meat Group provides a good source of protein, vitamins and minerals. Americans eat readily available meats, poultry, eggs, fish, dry beans and nuts.

AMERICAN MEAT GROUP

ປະເພດຊີ້ ຂອງ ຊາວ ອາ ເມຣິກັນ

ປະເພດຊີ້ ທີ່ພາ ໃຫ້ ໂດ ຮັບ ໂປ ຕີນ ວິຕາມິນ, ເຫລະ ແຮ່ ຄົນ ອາ ເມຣິ ກັນ ຈິ ກິນ ສາ ເພາະ ເຂົ້າ ມັກ ກິນ ຊີ້, ໄກ່, ໄຂ່, ປາ, ໝາ ກຖົ່ວ ແລະ ໝາ ກໄມ້ ທີ່ ມີ ມັນ.

Asians eat readily-available fish, eggs, poultry, meats, dry beans and nuts.

ASIAN MEAT GROUP

ປະເພດຊີ້ນຂອງຊາວເອເຊັຍ
ຄົນເອເຊັຍເຮົາກິນເພາະແລ້ວມີຫາກິນ ປາ, ໄຂ່, ໄກ່, ຊີ້ນ,
ໝາກຖົ່ວ ແລະ ໝາກໄມ້ຫົ່ມສົ່ມ.

Americans eat a variety of fruits and vegetables that grow well in America's climates. This food group provides a good source of vitamins and minerals.

AMERICAN FRUIT AND VEGETABLE GROUP

ປະເພດໝາກໄມ້ ແລະ ຜັກ ຂອງ ຊາວ ອເມຣິກັນ
ຄົນ ອາເມຣິກັນ ກິນ ໝາກໄມ້ ແລະ ຜັກ ຊະນິດ ຕ່າງໆ ທີ່ ປູກ ໄດ້ ດີ ໃນ ດິນຟ້າ ອາກາດ ຢູ່ ໃນ ປະ ເທດ ອາ ເມຣິ ກາ ນີ້ ເອງ.
ອາຫານ ປະ ເພດ ນີ້ ໃຫ້ ສິ່ງ ຫລາຍ ຢ່າງ ທີ່ ມີ ປະ ໂຫຍ ດ ແລະ ແຮ່

Asians also eat a variety of fruits and vegetables, including tropical and Oriental varieties.

ASIAN FRUIT AND VEGETABLE GROUP

ປະເພດໝາກໄມ້ ແລະ ຜັກ ຂອງຊາວເອເຊັຍ
ຄືເອເຊັຍ ເຮົາກໍ ກິນ ໝາກໄມ້ ແລະ ຜັກຕ່າງໆ ເຫຼົ່ານ ຄືເຫຼົ່ານ ຜັກອາຫານ
ຂອງຊາວອາຣະເບັ ອອກແລະ ໝາກໄມ້ ແລະ ຜັກຕ່າງໆ ກັນອີກ.

The Grain Group provides a good source of carbohydrate, vitamins, and minerals. Americans enjoy eating a variety of breads, cereals, and pasta. Grain products made in America are usually enriched with vitamins and minerals.

AMERICAN GRAIN GROUP

ประเภทเมล็ดต่างๆ ของอเมริกัน

ประเภทเมล็ดที่หาได้ทั่วไปรับรักษาระดับที่ดีของร่างกาย, มีวิตามิน, และแร่. คนอเมริกันเรียกเสียงมักหมั่นเรียกชื่อต่างๆ ของ, และปาสตา. แป้งที่เรียกว่าคนอเมริกาเป็นแป้งที่ดีของ, สมบูรณ์ พร้อมทั้งมีวิตามินและแร่.

Asians enjoy eating rice and rice flour products. Oriental noodles are usually made from rice or soybean flour. Grains from Oriental markets are not enriched.

ASIAN GRAIN GROUP

ข้าวและแป้งของชาวเอเชีย

คนเอเชียมีการกินข้าว, เส้นก๋วยเตี๋ยว และแป้งต่างๆ เช่นกัน เส้นก๋วยเตี๋ยวส่วนใหญ่ทำจากข้าวหรือถั่วเหลือง. ร้านขายของชำต่างๆ ในตลาดของเอเชียมักมีข้าวและแป้งต่างๆ ที่ไม่ได้ผ่านการเสริมคุณค่าอาหาร

In the Milk Group, eat 2 servings daily for adults

or eat 4 servings daily for teenagers and pregnant or lactating women

or eat 3 servings daily for children

SIAN/AMERICAN

ITE GROUP

):

ນ້ຳນົມ/ ນ້ຳນົມໃຍຫານປຸ໋ມແປ, ເພື່ອໃຫ້ມີ
(ການຂຸ໋ມ):

Tofu

Cheese

Yogurt

Dark, green vegetables

ນ້ຳນົມ
ໂຍ໋ຣມ
ໂຕ໋ໜ
ໂຕ໋ກ
ໂຕ໋ຍ ດ່າ, ກ

MEAT GROUP:

Fish

Poultry

Eggs

Beef

Beans

Nuts

ປະເພດເຂ
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ປະເພດ ນ້ຳນົມ , ຄວ ຮັບ ຜູ ໃ ທ ຕ ຕ ມື ລະ 2 ຄັ້ງ ຫ ຜ ຫ
ຢ ໝ ນ ນ ໂ ເ ລ ພ ວ ຢ ແ ເ ກ (ມ ຜ ໃ ນ ຫ) ກ ລ ປ ລ ຄ ນ
ນ ນ ຕ ຫ ລ ລ 14 ຄ .
ກ ຄ ຮ ເ ນ ຢ ຕ ຫ ລ ລ 3 ຄ .

In the Meat Group, eat 2 servings daily.
In the Fruit-Vegetable Group, eat 4 servings daily.
In the Grain Group, eat 4 servings daily.

FOOD GROUPS

FRUIT AND VEGETABLE GROUP:

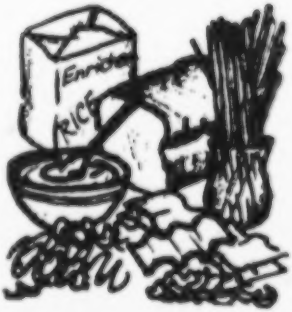
Variety of Fruits and Vegetables

GRAIN GROUP:

Enriched rice

Wheat Products (Bread, Cereal, Pasta)

Oriental Noodles



ປະເພດເມັດຕ່າງ
ເຂົ້າຫົ່ວ ເຂົ້າສ້ຽງ ແລະ
ເຂົ້າ ເຊ ຈາ ຫ ເຊັ
ບາ ເລ: ເຂົ້າ ສີ,
ຂີ ຮ ງ ມ, ປ ສ ຕ
ເສັ້ນ ໝີ, ເຝ

ປະເພດ ຊີ ນ, ກິ ນ ຈັ ງ ຫ ນ ວ ນ ລ ະ 2 ຄ ັ ້ ງ.
ປ ະ ເ ພ ດ ຜ ັ ກ ກ າ ບ ແ ລ ະ ໝ ັ ກ , ກ ິ ນ ຈ ັ ງ ຫ ນ ວ ນ ລ ະ 4 ຄ ັ ້ ງ.
ປ ະ ເ ພ ດ ເ ນ ື ້ ອ , ກ ິ ນ ຈ ັ ງ ຫ ນ ວ ນ ລ ະ 4 ຄ ັ ້ ງ.

Although there are common foods, seasonings can make the difference between food that is "tasty" and food that is unacceptable. Eating foods from the Basic 4 Groups is easier if common seasonings are used as well. Here's a list of common seasonings that can adapt to American or Asian culture.

AMERICAN	อาเมริกัน
Cinnamon	เครื่องหอม, เทศ, อบ
Chili Powder	พริกป่น
Cloves	กานพลู (cloves)
Mustard	มัสตาร์
Nutmeg	ลูกจันทน์เทศ
Black Pepper	พริกไทย
Salt	เกลือ
Oregano	ขมิ้นกรีก
Sage	ขมิ้นกรีกอเมริกัน (oregano)
	ซาลี (Sage)

ASIAN	เอเชีย
Fish sauce	น้ำปลา
Soy sauce	น้ำซีอิ๊ว
Hot peppers	พริกขี้หนู
Ginger root	หัวขิง
Garlic	กระเทียม
Onion	หัวหอม
Leek	กุยช่าย
Sesame seed oil	น้ำมันงา
MSG	ผงชูรส

เหตุผลว่าอาหารต่างๆ ในธงโภชนาการ 4 หมู่ จะถูกปรุงแต่งให้เป็นอาหารอเมริกัน หรือเอเชียได้ง่ายขึ้น ก็โดยการใช้เครื่องปรุงรสต่างๆ ที่ใช้ในการประกอบอาหารนั่นเอง ดังต่อไปนี้ คือ รายการเครื่องปรุงรสต่างๆ ที่ใช้ในการปรุงอาหารอเมริกัน และเอเชีย

The Fruit-Vegetable Group

ประเภท:
- ผัก
- ผลไม้
- มีวิตามิน เอ และ ซี (vitamin A and C)

- รับประทาน 4 ครั้ง.
- ผลไม้ที่มีสีเขียว, ผัก, ผลไม้สีส้ม, ผัก และผลไม้ต่างๆที่ให้วิตามิน 3 หรือ 4 ครั้งต่อสัปดาห์ เพื่อให้ได้วิตามิน เอ. ส่วนผลไม้ (ที่มี) ให้วิตามินทุกวัน เพื่อให้ได้วิตามินซี.

FRUIT - VEGETABLE Group

Vitamins A & C

4 Servings

Dark green, leafy, or orange vegetables and fruit are recommended 3 or 4 times weekly for vitamin A. Citrus fruit is recommended daily for vitamin C.

Vietnamese translation by Tuyet Seethaler, Refugee Programs
Utah State University Cooperative Extension Service, Logan, UT.
SOURCE: based on materials provided by the National Dairy Council.

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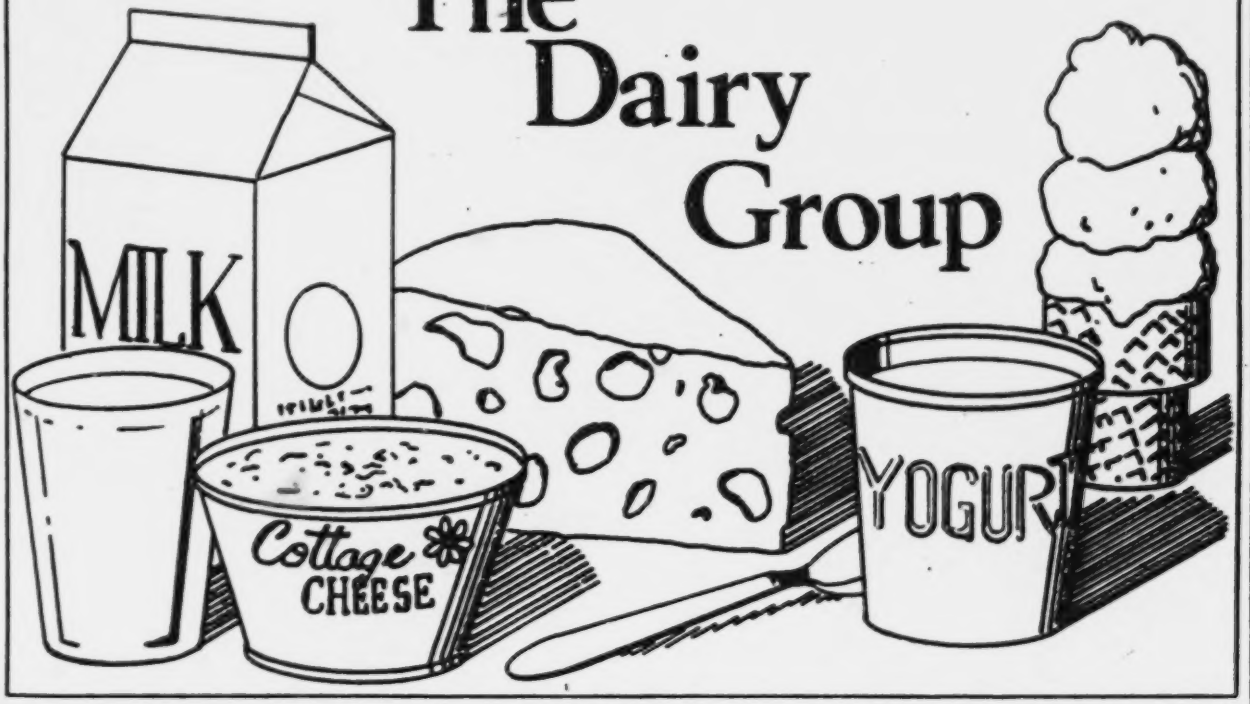
The Dairy Group



ອາຫານປະເພດນົມ

- ເພີ່ມທາດແຄ ທາດຊຽມ (Calcium)
- ເພີ່ມເລືອດແດງ ບີ 2 (Riboflavin)
- ເພີ່ມ ໂປຣຕີນ (protein)

- ສຳລັບຜູ້ໃຫ່ຍ ກິນແຕ່ລະມື້ 2 ຄັ້ງ.
- ສຳລັບຜູ້ມີອາຍຸ ແຕ່ 13 ຫາ 19 ປີ ກິນແຕ່ລະມື້ 4 ຄັ້ງ.
- ສຳລັບເດັກນ້ອຍ ກິນແຕ່ລະມື້ 3 ຄັ້ງ.

- ອາຫານທີ່ໄດ້ມາຈາກ ນົມນັ້ນມີ, ຈ່ອຍ ຄຸ້ງ ແລະ ບໍ່ຄ່ອງ ການຄົນເຮົາ ກໍ ແມ່ນ ເຮັດ ຈາກ ນົມ ນັ້ນ ມີ.

MILK Group

2 Servings/Adults
4 Servings/Teenagers
3 Servings/Children

Calcium
Riboflavin (B_2)
Protein

Foods made from milk contribute part of the nutrients supplied by a serving of milk.

Lao Translation by Inh Simoukda, Refugee Program
Utah State University Cooperative Extension Service, Logan, UT.

Source: based on materials provided by the National Dairy Council.

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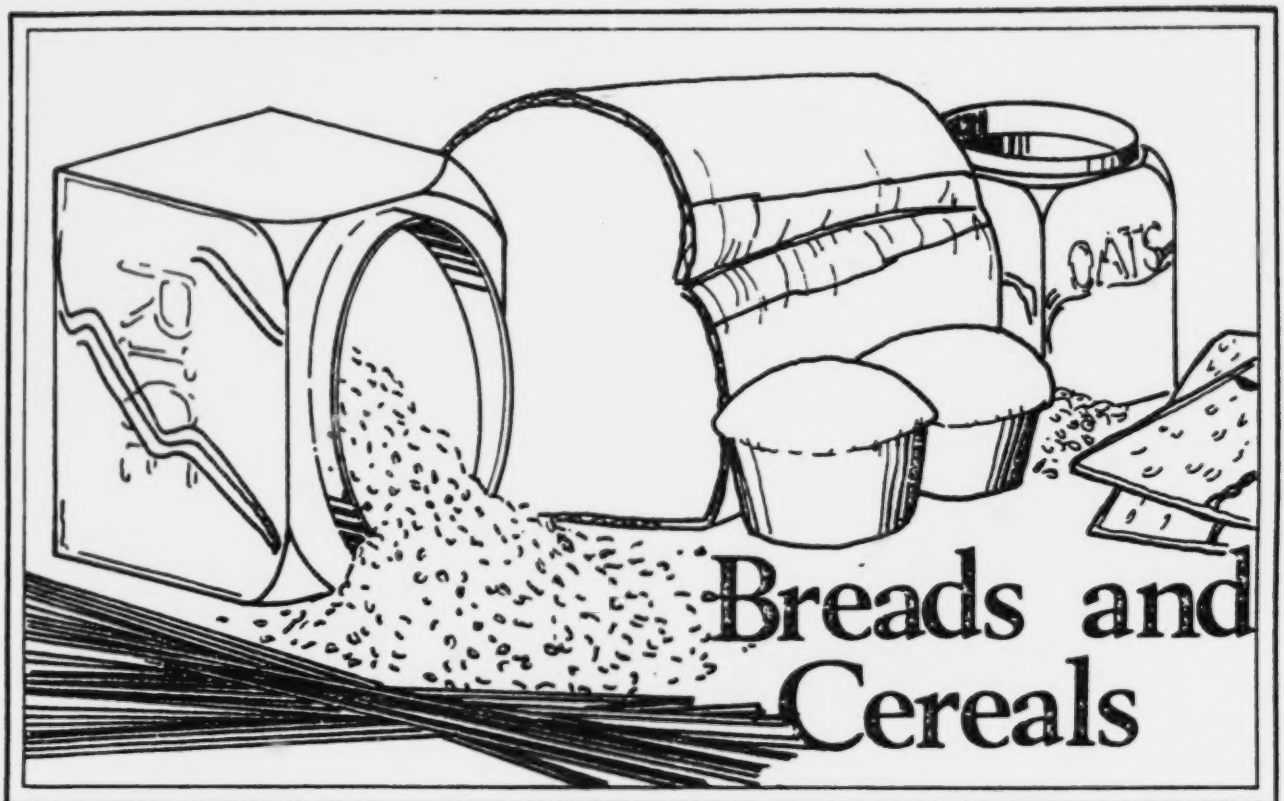

Breads and Cereals

ປະເພດ:
ທາດແປ້ງ
- ຮັກສາລະດັບນ້ຳຕານໃນຮ່າງກາຍ (carbohydrate)
- ເພີ້ມຕ້ານພະຍາດ ເຈ້ຍ (Thiamin B1)
- ເພີ້ມທາດເຫຼັກໃນຮ່າງກາຍ (IRON)
- ເພີ້ມຄວາມແຂງແຮງ (NIACIN)

ຈຳນວນ: 4 ຄັ້ງ.
- ກິນເຂົ້າແຕ່ລະເທື່ອ ຄວນກິນ ປະເພດແປ້ງ ທີ່ໄດ້ຈາກເມັດຕ່າງໆ ຫລາຍປ່ອງ ອາຫານຕ້ານພະຍາດ ເຈ້ຍ. ແລະ ກິນເນື້ອ ເພື່ອໃຫ້ມີທາດໃນຮ່າງກາຍ ຂອງຄົນເຮົາ ພ້ອມທັງ ໃຫ້ສຸຂະພາບແຂງແຮງ ສົດຊື່ນ.

GRAIN
Group

Carbohydrate
Thiamin (B_1)
Iron
Niacin

4 Servings

Whole grain, fortified, or enriched grain products are recommended.

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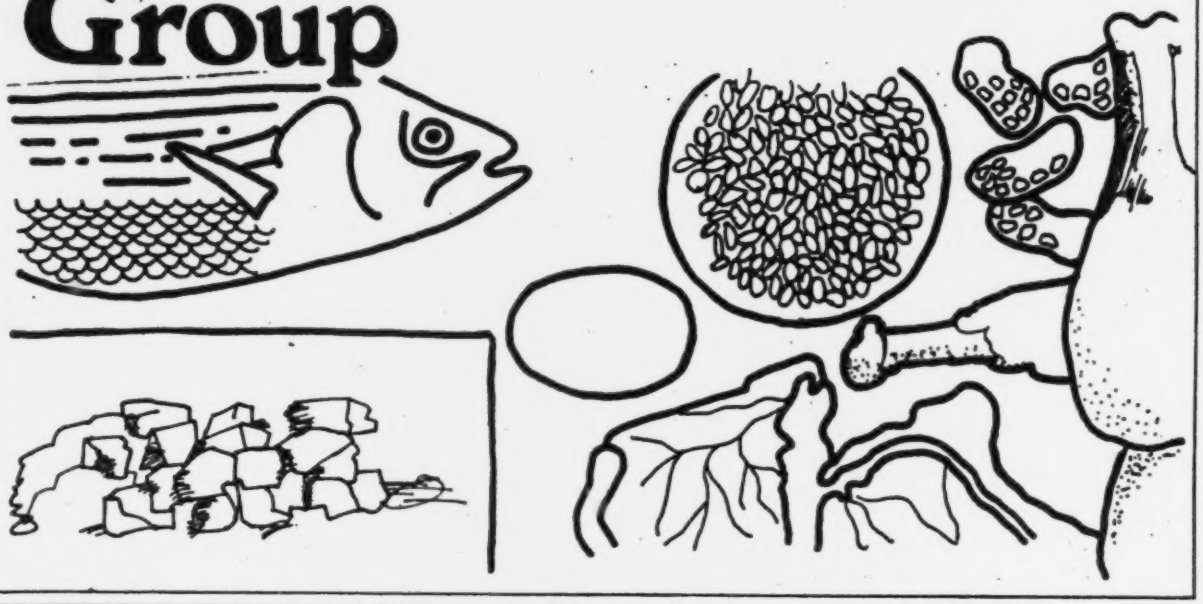
Meat Group



- ປະເພດ:
  - ຊີ້ນ
  - ເພີ້ນ ໂປຣຕີນ (protein)
  - ເພີ້ນ ຄວາມແຂງແຮງ (NIACIN)
  - ເພີ້ນ ທາດ ເຫັກ (IRON)
  - ເພີ້ນ ທາດ ທີ່ ມີ ຕາ ຊາ ມີນ ບີ 1 (THIAMIN B_1)

- ກິນ ມື້ ລະ 2 ຄັ້ງ.

- ຫມາກຖົ່ວ ແລະ: ຫມາກຖົ່ວ ຂຽວ, ມໍ ປ້າຕ່າ, ແລະ: ຫມາກ ໄມ້ ທີ່ ມີ ເນື້ ມັນ ປະ ສົມ ກັບ ໂປຣຕີນ ຂອງ ສັດ ເຊັ່ນ: ຊີ້ນ, ປາ, ໄກ່, ໄຂ່ ມັ ນັ ມັນ, ໂຟ ຣົມ ມາ ສ ຫຼື ໂປຣຕີນ ທີ່ ໄດ ມາ ຈາກ ເມັດ ຕ່າງ ໆ ສາ ມາ ດ ກິນ ຕ່າ ງ ຊີ້ ນ ກໍ ໄດ ້.

MEAT
Group

2 Servings

Protein
Niacin
Iron
Thiamin (B_1)

Dry beans and peas, soy extenders, and nuts combined with animal protein (meat, fish, poultry, eggs, milk, cheese) or grain protein can be substituted for a serving of meat.

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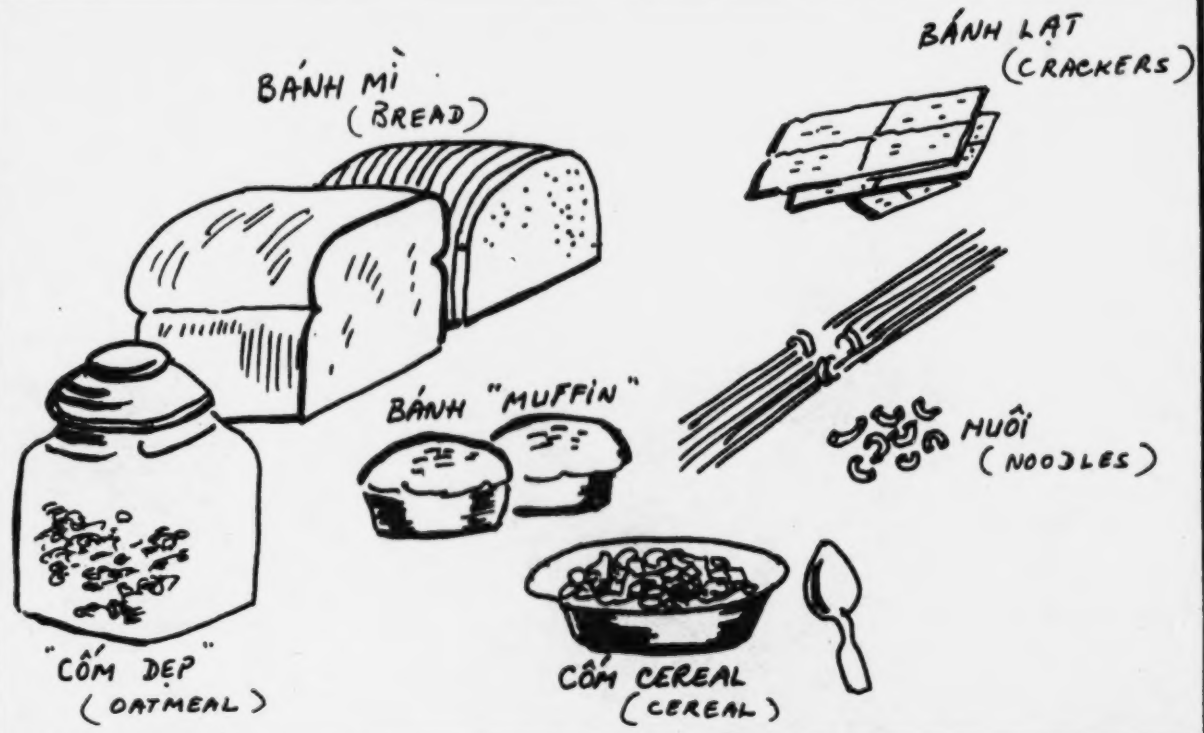

Nhóm HẠT (như cốm, bánh mì, "nuôi", cốm cereal,...)	4 Phần ăn* Tất cả các đồ ăn làm từ các hạt (lúa mì) còn nguyên chất, đã được cho thêm sinh tố, hay đã được tăng thêm chất bổ dưỡng (cốm cereals, bánh mì, v.v...) được khuyến dẫn nên dùng.
GRAIN Group Carbohydrate Thiamin (B_1) Iron Niacin	4 Servings Whole grain, fortified, or enriched grain products are recommended.

* 1 Phần ăn = một chén cốm = 1 lát bánh mì

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ĐẬU

THỊT

GÀ

TRỨNG

CÁ

ĐẬU HẠT
(ĐẬU PHỘNG)

Nhóm THỊT - Protein - Niacin - Chất sắt - Thiamin (B_1) (Sinh tố B_1)	2 Phần ăn* Đậu khô, đậu xanh, các loại đậu hủ (làm từ đậu nành), và các loại hạt khi được trộn lẫn với pro-tê-in của thú vật (thịt, cá, gà, trứng, sữa, phó - mách) hay pro-tê-in của hạt (lúa, lúa mì), có thể thay thế cho 1 phần ăn của nhóm thịt.
MEAT Group Protein Niacin Iron Thiamin (B_1)	2 Servings Dry beans and peas, soy extenders, and nuts combined with animal protein (meat, fish, poultry, eggs, milk, cheese) or grain protein can be substituted for a serving of meat.

* 1 Phần ăn Thịt = 56 gờ-ram
= 1 lát thịt bò

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Vietnamese translation by Tuyet Seethaler, Refugee Programs
Utah State University Cooperative Extension Service, Logan, UT.
SOURCE: based on materials provided by the National Dairy Council

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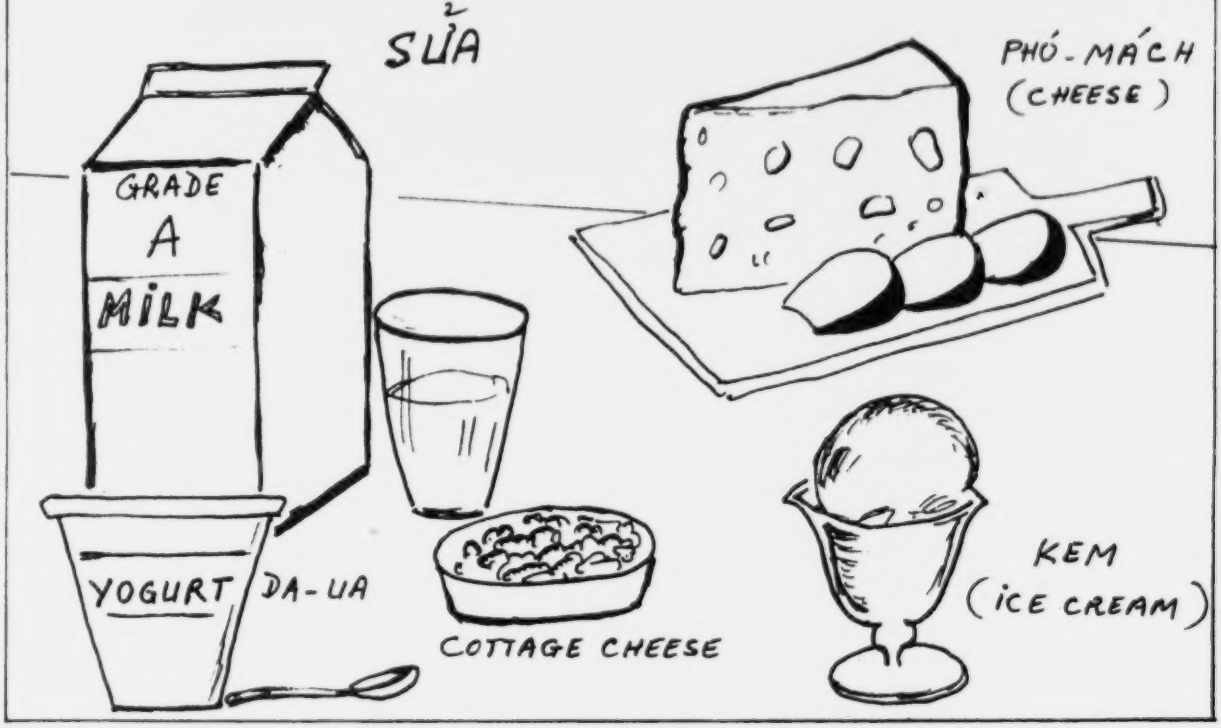

Nhóm SỮA	2 phần ăn*/Người lớn 4 phần ăn/Thanh niên thiếu nữ (tự 13 - 19 tuổi) 3 Phần ăn/Trẻ con
- Chất vôi - Riboflavin (sinh tố B_2) - Protein	Đồ ăn làm bằng sữa sẽ cung cấp một phần những chất dinh dưỡng trong 1 phần ăn sữa
MILK Group	2 Servings/Adults 4 Servings/Teenagers 3 Servings/Children
Calcium Riboflavin (B_2) Protein	Foods made from milk contribute part of the nutrients supplied by a serving of milk.

* 1 Phần ăn sữa = 1 ly lớn

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Utah State University Cooperative Extension Service, Logan, UT.

SOURCE: based on materials provided by the National Dairy Council.

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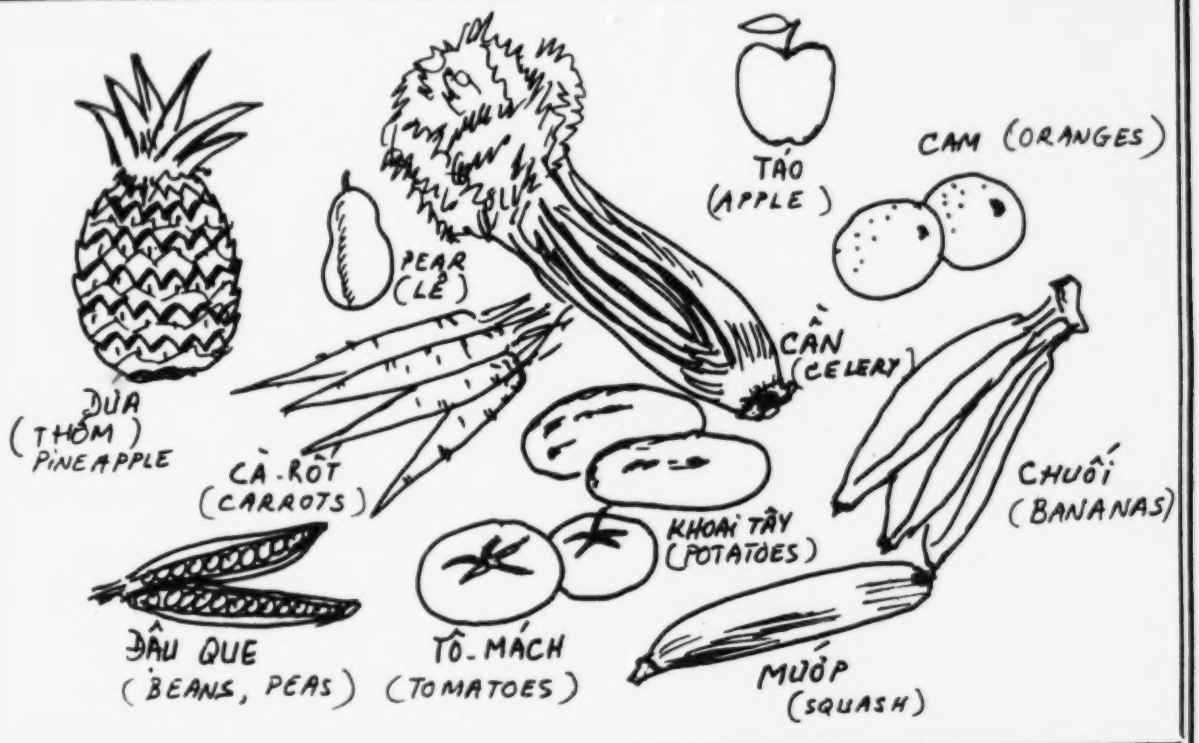

Nhóm
TRÁI CÂY
RAU CẢI

- Sinh tố A và C

4 Phần ăn*

Cải xanh, loại nhiều lá, hay các loại cải củ màu cam (như củ cà - rốt, khoai lang bí, v.v.) và trái cây được khuyến dân nên dùng 3 hay 4 lần mỗi tuần lễ để có đủ sinh tố A cho cơ thể. Trái cây có chất chua như cam, quít, chanh, bưởi, được khuyến dân nên ăn hằng ngày để có đủ sinh tố C.

FRUIT -
VEGETABLE
Group

Vitamins A & C

4 Servings

Dark green, leafy, or orange vegetables and fruit are recommended 3 or 4 times weekly for vitamin A. Citrus fruit is recommended daily for vitamin C.

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* 1 Phần ăn = một nửa tách rau hoặc trái cây

Vietnamese translation by Tuyet Seethaler, Refugee Programs
Utah State University Cooperative Extension Service, Logan, UT.
SOURCE: based on materials provided by the National Dairy Council.

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NUTRIENTS FOR HEALTH

Nutrient	Important Sources of Nutrient
Protein	Meat, Poultry, Fish Dried Beans and Peas Egg Cheese Milk
Carbohydrate	Cereal Potatoes Dried Beans Corn Bread Sugar
Fat	Shortening, Oil Butter, Margarine Salad Dressing Sausages
Vitamin A (Retinol)	Liver Carrots Sweet Potatoes Greens Butter, Margarine
Vitamin C (Asorbic Acid	Broccoli Orange Grapefruit Papaya Mango Strawberries
Thiamin (B_1)	Lean Pork Nuts Fortified Cereal Products
Riblflavin (B_2)	Liver Milk Yogurt Cottage Cheese

NHỮNG CHẤT BỔ DƯỠNG CHO SỨC KHOẺ

Chất bổ dưỡng	Những nguồn gốc quan trọng của chất bổ dưỡng
Protein	Thịt, gà, cá Đậu Khô hoặc đậu trái Trứng gà Phó - mách Sữa
Carbohydrate	Cereal (cốm) Khoai tây Đậu Khô (như đậu xanh, đậu đỏ, đậu nành...) Bắp Bánh mì Đường
Chất béo	Mỡ đặc làm từ các loại rau, dầu ăn, "Bơ", "Mạc - ga - rin" (loại bơ làm từ rau, bắp, hoặc hột gòn) Nước sốt sà - lách Các loại "xúc - xích"
Sinh tố A (Retinol)	Gan Cà-rốt Khoai lang bí các loại rau cải xanh Bơ, Mạc - ga - rin
Sinh tố C (Asorbic Acid)	Bông cải xanh Cam Bưởi Đu đủ Xoài Đậu
Thiamin (sinh tố B_1)	Thịt heo nạc Các loại hạt Những loại cốm "Cereal" đã được tăng thêm chất bổ dưỡng
Riboflavin (sinh tố B_2)	Gan Sữa "Da - ua" (yaourt) Cottage cheese (sữa dưới trạng thái đông cục)

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Niacin	Liver Meat, Poultry, Fish Peanuts Fortified Cereal Products
Calcium	Milk, Yogurt Cheese Sardines and Salmon with Bones Collard, Kale, Mustard and Turnip Greens
Iron	Enriched Farina Prune Juice Liver Dried Beans and Peas Red Meat

Vietnamese translation by Tuyet Seethaler, Refugee Programs,
Utah State University Cooperative Extension Service, Logan, UT.

SOURCE: Based on materials provided by the National Dairy Council.

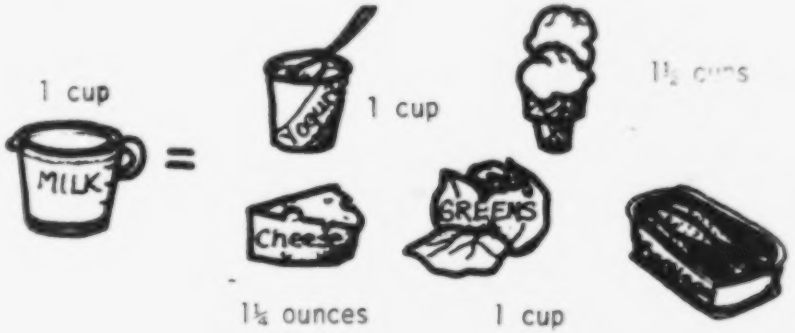
Niacin	Gan Thịt, gà, cá Đậu phộng Các loại cốm "cereal" đã được tăng thêm chất bổ dưỡng
Chất vôi (Calcium	Sữa, "Da - ua" (yaourt) Phó - mách cá mòi hộp và cá "salmon" vỏ hộp còn nguyên xương "Collard" (loại cải bắp lá quấn), cải bẹ xanh và lá củ - cải
Chất sắt	Bột (đã được tăng thêm sinh - tố) Nước trái mận màu đỏ xậm (prune) Gan Đậu khô hoặc đậu trái Thịt đỏ (như thịt bò, thịt heo, v.v...)

Vietnamese translation by Tuyet Seethaler, Refugee Programs,
Utah State University Cooperative Extension Service, Logan, UT.

SOURCE: Based on materials provided by the National Dairy Council.

HOW MUCH CACIUM DO YOU NEED?

The dietary need for CALCIUM is easy to measure by using cups of milk; however, milk is not the only source of CALCIUM, so substitutions can be made.



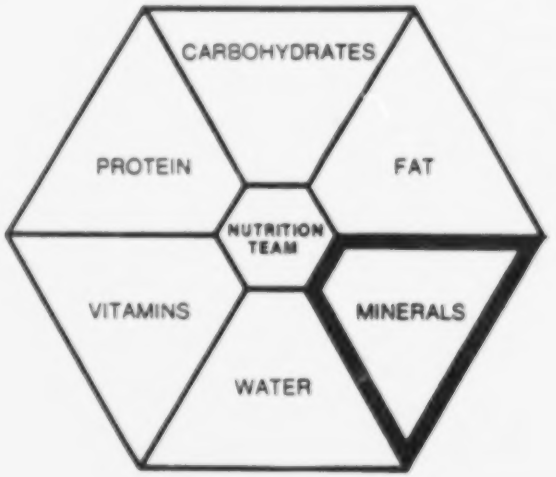
ADULTS AND CHILDREN (over 1 year of age) need as much CALCIUM as there is in 2 3/4 cups of milk each day.

GROWING TEENAGERS, PREGNANT OR NURSING WOMEN need as much CALCIUM as 4 cups of milk provides.

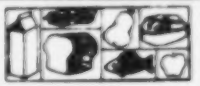
INFANTS get CALCIUM from breast milk or formula. After they are 6 months old they get CALCIUM from cow's milk or other milk products.

It is easy to get enough CALCIUM if you remember to eat 2-3 servings of HIGH-CALCIUM foods every day.

CALCIUM:



A DIETARY MINERAL



Refugee Programs

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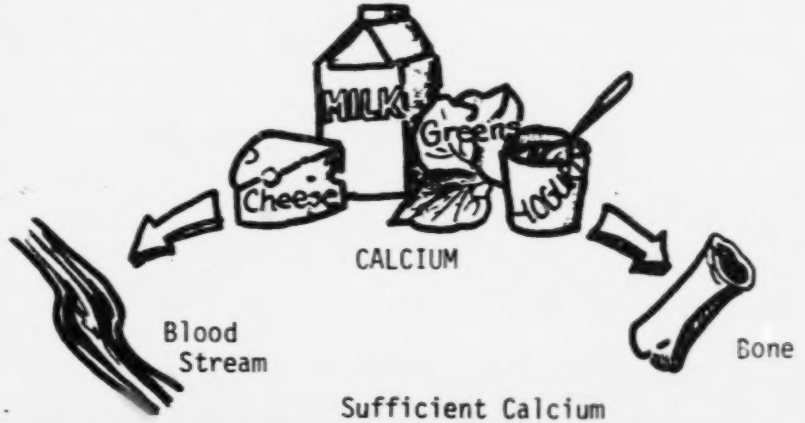
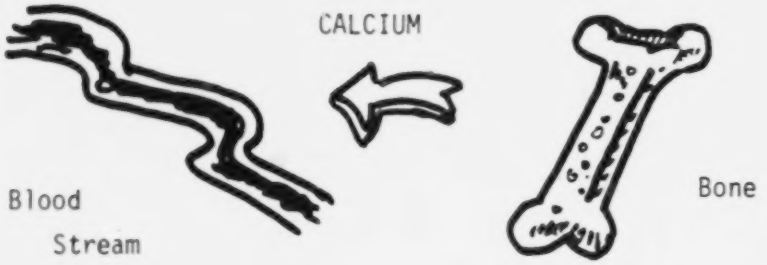
All cells require CALCIUM to function. Ninety-nine percent of the CALCIUM in our bodies is needed to form bones and teeth. The remaining one percent is needed for blood clotting, nerve impulses, heart beat, muscle contractions, and other mineral utilization. To perform these duties, there must be sufficient CALCIUM in the bloodstream.

When we have plenty of CALCIUM in our diet the body uses part to reform the bone and part to maintain an adequate level in the blood.



Sufficient Calcium

When there are not enough foods containing CALCIUM in our diets then our bodies will actually take CALCIUM from the bones so it can keep this important mineral in the bloodstream. Thus, the bones become weaker so the body can use the calcium to continue working the nerves, muscles, and heart.



Insufficient Calcium

An excellent dietary source of CALCIUM is milk and milk products. People who do not tolerate milk well can find CALCIUM in cheese, yogurt, greens, and canned fish.

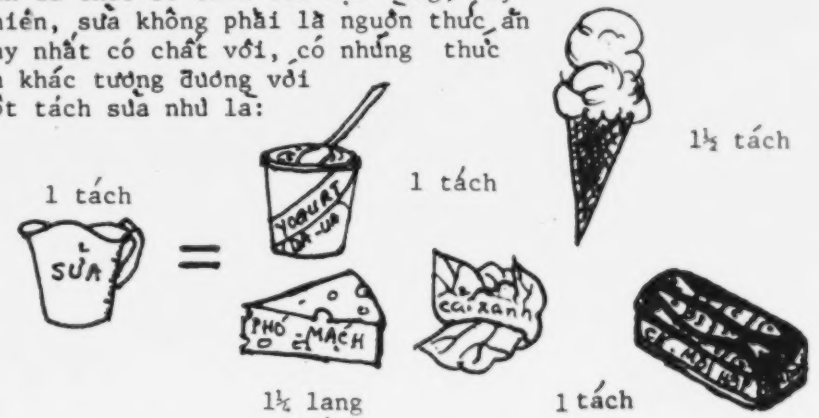
HIGH CALCIUM FOODS

Milk and Milk Products	Other Foods
skim milk	sardines
buttermilk	collards
yogurt	turnip greens
cheese, cottage cheese	kale
custard	mustard greens
ice cream	broccoli
creamed soups	dry beans
hot chocolate	

CALCIUM - Vietnamese Translation

BẠN CẦN BAO NHIÊU CHẤT VÔI MỖI NGÀY?

Số lượng CHẤT VÔI cần thiết trong bữa ăn có thể đo lường căn cứ theo số tách sữa bạn uống, tuy nhiên, sữa không phải là nguồn thực ẩn duy nhất có chất vôi, có những thực ẩn khác tương đương với một tách sữa như là:

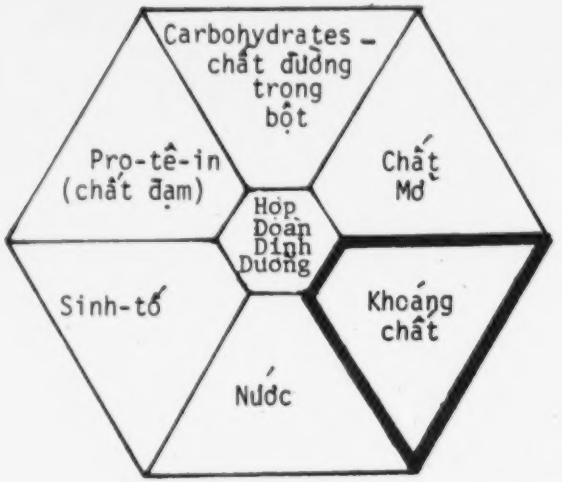


NGƯỜI LỚN & TRẺ CON (trên 1 tuổi), cần uống khoảng 2 3/4 tách sữa để có đủ số lượng CHẤT VÔI cần thiết mỗi ngày.

TRAI GÁI Ở TUỔI DẬY THÌ, ĐÀN BÀ CƠ THAI & CÁC BÀ CHO CON BÚ cần uống khoảng 4 tách sữa mỗi ngày để có đủ CHẤT VÔI cho cơ thể.

EM BÉ DƯỚI MỘT TUỔI cần bú sữa mẹ hoặc sữa hộp để có đủ CHẤT VÔI. Sau khi bé được 6 tháng, bé phải uống sữa tươi hoặc ăn các thức ăn tương đương khác trong nhóm sữa để có đủ số CHẤT VÔI cần thiết.
Mỗi ngày bạn nhớ nên ăn 2-3 phần ăn loại có nhiều chất vôi như sữa, da-ua (yogurt), phó-mách, kem, cá mòi hộp, v.v...

CHẤT VÔI :



NGUỒN GỐC & NHIỆM VỤ
CỦA
KHOÁNG CHẤT TRONG CƠ THỂ

Translated by
Tuyet Seethaler

Cooperative Extension Service
Utah State University • Logan

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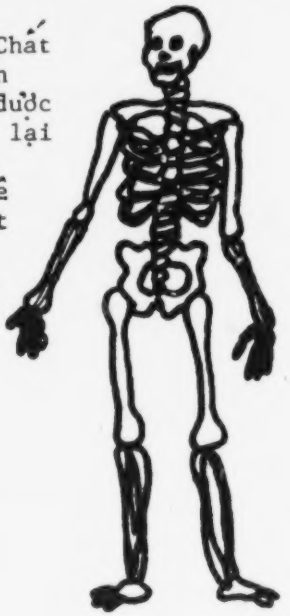
CHẤT VÔI (Calcium)

Tất cả các tế bào trong cơ thể cần có Chất Vôi mới hoạt động được. Chín mười chín phần trăm (99%) CHẤT VÔI trong cơ thể được dùng để cấu tạo xương và răng. Số còn lại một phần trăm (1/100) được dùng để làm đông máu (khi bị thương), kích thích hệ thống thần kinh, giúp tim đập, bắp thịt co giãn, và giúp các khoáng chất khac được xử dụng. Để hoàn tất nhưng nhiệm vụ trên, cơ thể ta cần phải có đầy đủ CHẤT VÔI trong máu.



Khi ta ăn những đồ ăn thiếu hoặc không có CHẤT VÔI, cơ thể ta sẽ tự động lấy CHẤT VÔI của xương để giữ cho số lượng CHẤT VÔI trong máu được thăng bằng cho thần kinh hệ, bắp thịt và tim được tiếp tục hoạt động.

Khi THIẾU Chất vôi

Khi ta dùng những thức ăn có nhiều CHẤT VÔI, cơ thể ta sẽ dùng một phần để chỉnh đốn xương cho được rắn chắ và một phần sẽ giữ lại trong máu.

Khi có ĐỦ Chất vôi

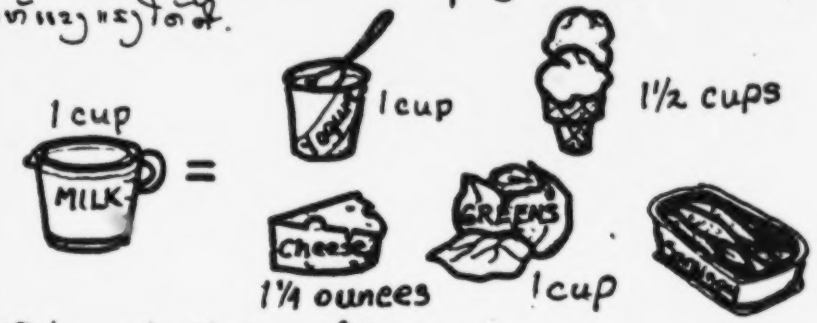
Loại đồ ăn cung cấp CHẤT VÔI Nguồn đồ ăn dồi-dào CHẤT VÔI nhất là sữa hoặc các thức ăn làm từ sữa ra. Nhưng ai không uống sữa được thì có thể dùng phó-mách, da-ua, rau cải xanh, và cá mòi hộp.

NHỮNG THỨC ĂN CÓ NHIỀU CHẤT VÔI

Sữa & Những Đồ Ăn Làm Từ Sữa:	Các Thức Ăn Khác
Sữa đã gạn bỏ hết chất béo	Cá mòi hộp
Sữa chua	Cải xanh lá xoắn
Da-ua	Lá củ cải
Phó-mách, sữa dưới trạng thái đông cục	Cải bẹ xanh
Bánh Flan	Bông cải xanh (Brô-cô-li)
Cà-rem	Đậu hạt
Súp nấu với kem	
Sô-cô-la uống nóng	

ເທົ່າຕ້ອງການ ທາດຂຸມ (calcium) ເທົ່າໃດ?

ອາຫານທີ່ເຮັດຕ້ອງການ ທາດຂຸມ (calcium) ເປັນສ່ວນໜ້ອຍ ສຳຮັບທາດ ທີ່ຕ້ອງການເຊິ່ງໃຫ້ຈາກ ນ້ຳນົມ. ແນວໃດກໍ່ຕາມ ບໍ່ແມ່ນ ສະເໝາະ ແຕ່ໝູ່ ນົມ ເທົ່ານັ້ນ ທາດຂຸມ (calcium) ກະຖືກຂາດ. ສິ່ນັ້ນ ປ່ຽນທາດອາຫານ ຈະ ມາ ໃຫ້ແຂງແຮງໃຫ້ດີ.



ຜູ້ທີ່ຫ່ວງເລ ເດັກນ້ອຍ (ອາຍຸ 1 ຫາ 3 ປີ) ຫຼື ຕ້ອງການທີ່ ມີ ຄວາມ ແຂງແຮງ ຕ້ອງດື່ມ ນ້ຳນົມ 2 ½ ຈອກ ທຸກໆວັນ, ຫຼືໃຫ້ ມີ (Calcium)

ໃຫ້ມີ ຜູ້ ໃຫ ແລະ ສິ່ນົມ ທີ່ ຮ່ຳຮຽນ ອາຍຸ ແຕ່ 13 ຫາ 19 ປີ ຫຼື, ຜູ້ ທີ່ ຖືພາ ແລະ ທີ່ ລ້ຽງ ລູກ ດ້ວຍ ນົມ ຕ້ອງ ການ ທີ່ ມີ ຫຼາຍ ກວ່ານັ້ນ ທຸກໆ ມື້ ຮ່ຳ ຮຽນ ທາດ ຂຸມ (Calcium) ສິ່ນັ້ນ ຕ້ອງ ດື່ມ ນ້ຳ ນົມ 4 ຈອກ ແຕ່ລະ ມື້.

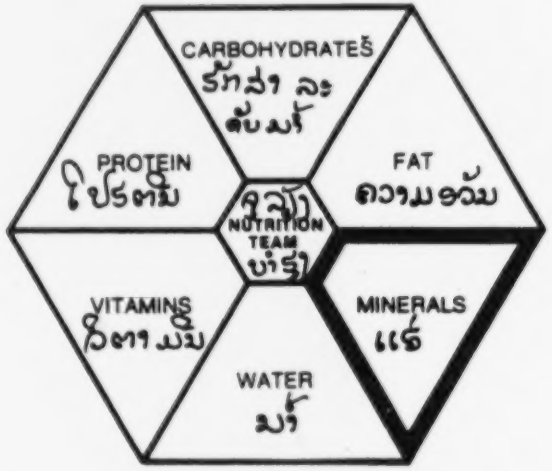
ຮ່ຳຮຽນ ໜ້ຳ ເກົ່ານ ໃໝ່ ທີ່ ຮັບ ທາດ ຂຸມ (Calcium) ມາ ຈາກ ນ້ຳ ນົມ ຈາກ ແມ່ ທີ່ ມີ ອາ ຫານ ພິ ເສດ. ຫຼັງ ຈາກ 6 ເດືອນ ທີ່ ຜ່ານ ມາ ຄວາມ ແຂງ ແຮງ ຈາກ ນ້ຳ ນົມ ແມ່ ຫຼື ນ້ຳ ນົມ ອື່ນ ໆ ນ້ອຍ ລົງ.

ເປັນ ສ່ວນ ໜ້ອຍ ທີ່ ຮັບ ທາດ ຂຸມ (Calcium) ເຊັ່ນ: ຖ້າ ວ່າ ເທົ່າ ກັບ ທີ່ ດີ ທີ່ ສຸດ ອາ ຫານ 2 ອັນ ດັ່ງ ຕໍ່ ໄປ ນີ້ ມີ ຄວາມ ແຂງ ແຮງ ຫຼາຍ.

Lao Translation by Inh Simoukda

Lao Translation

CALCIUM:
ທາດຂຸມ:



A DIETARY MINERAL
ອາຫານພິເສດ ທາດ ແຮ່

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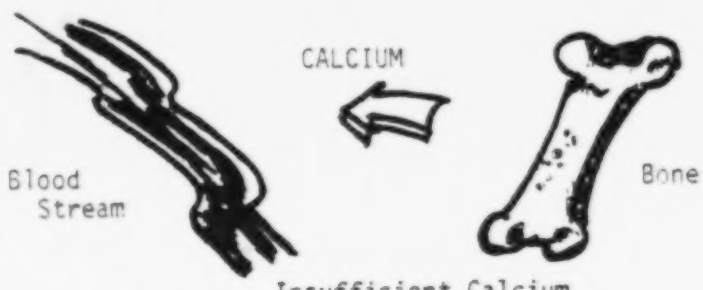
ทาม เดิน ของ เลือด เลือด ต้อง ทุก ๆ เลือด ที่ ต้อง ทาม
ทาม ซูม (calcium) เช่น : แข็ง แล : กะดูก
ที่ ต้อง ทาม ทาม ซูม (calcium) ใน ร่าง กาย ของ
คน เรา 99% อัน เหลือ แค่ 1% ที่ อัน ต้อง การ เลือด
ทัน , เลือด ที่ : ขาว , ทาม เดิน ของ ฮอร์โม A,
ทัน ซีน แล : อื่น ๆ อีก .

เมื่อ ป่วย ราย ที่ เกิด มี ตัว ที่ ทำ
ให้ ทาม ซูม (calcium) หมุน เวียน ใน เลือด.

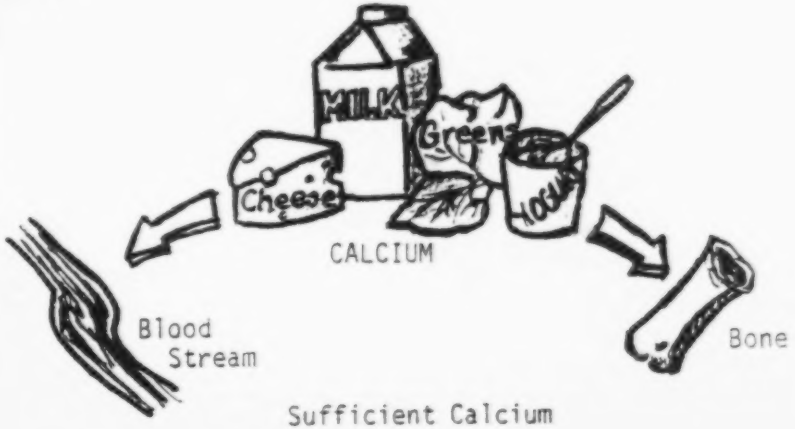
เมื่อ ขาด เรา ที่ ทาม ซูม (calcium) หมุน เวียน ใน ร่าง กาย ของ เรา
ทำ ให้ เกิด ทาม ซูม ใน ร่าง กาย ลด ลง , อัน ทำ ให้ ร่าง กาย ของ เรา และ ทาม
ทำ ให้ เกิด ความ เจ็บ ปวด . ดัง นั้น ที่ สุด ทาม ขาด เลือด ใน ร่าง กาย . ทำ ให้
calcium) ทาม ซูม ทำ ให้ แบ่ง แรง . เรา ต้อง ที่ ทาม ซูม (calcium
ทาม เดิน ป่า ราย , ทาม ทาง ซีน , และ ทำ ให้ ของ คน เรา .



Insufficient Calcium

เป็น ทาม ที่ ที่ สุด ที่ ทาม ที่ เลือด ไหล ผ่าน ตลอด เวลา
คือ : หัว ใจ และ หัว ใจ . นอก จาก นี้ ยัง มี ตัว เม็ด
บอ ย่าง สี ขาว ด้วย , ที่ ทำ หน้า ที่ ป้อง กัน ร่าง กาย
เหมือน กัน .

เมื่อ ของ เรา ที่ ทาม ซูม (calcium) หมุน เวียน ใน ทาม ทาม
ที่ ดี ร่าง กาย ทุก ๆ ของ เลือด ไหล ผ่าน เรา ที่ ทำ ให้ ทาม
ทาม ซูม ใน ร่าง กาย ลด ลง และ หมุน เวียน ใน
เลือด ทาม เดิน ของ เลือด .



Sufficient Calcium

อาหาร ที่ ให้ ทาม ซูม (calcium)

มี ทั้ง พืช ผัก และ พืช ผล ต่าง ๆ

พืช ผัก
พืช ผล ต่าง ๆ
ใบ ยอ ทาม
ใบ ทาม ลิ
ใบ ทาม ทาม
ใบ ทาม ทาม
ใบ ทาม ทาม
ใบ ทาม ทาม
ใบ ทาม ทาม

อาหาร อื่น ๆ อีก
ทั่ว ไป
ทาม
เหมือน ที่ ทาม
ทาม
ใบ ทาม ทาม
ใบ ทาม ทาม
ทาม ทาม ทาม

INFANT FOODS THAT ARE HIGH IN IRON

1. IRON-FORTIFIED FORMULA OR IRON DROPS

   ALWAYS FOLLOW A PHYSICIAN'S RECOMMENDATIONS.

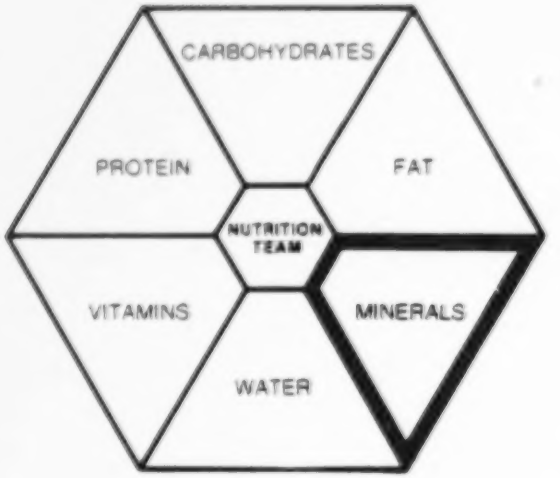
2. INFANT CEREALS IN BOXES THAT ARE LABELED "FORTIFIED"

3. STRAINED MEATS IN BABY FOOD JARS

   THE PLAIN STRAINED MEATS PROVIDE OVER FIVE TIMES AS MUCH IRON AS THE COMBINATION DINNERS OR SOUPS.

THE PLAIN MEAT COSTS A LITTLE MORE BUT BECAUSE IT HAS SO MUCH IRON AND PROTEIN IT COSTS LESS FOR THOSE NUTRIENTS

IRON:



A DIETARY MINERAL

Adapted from materials by Cornell University

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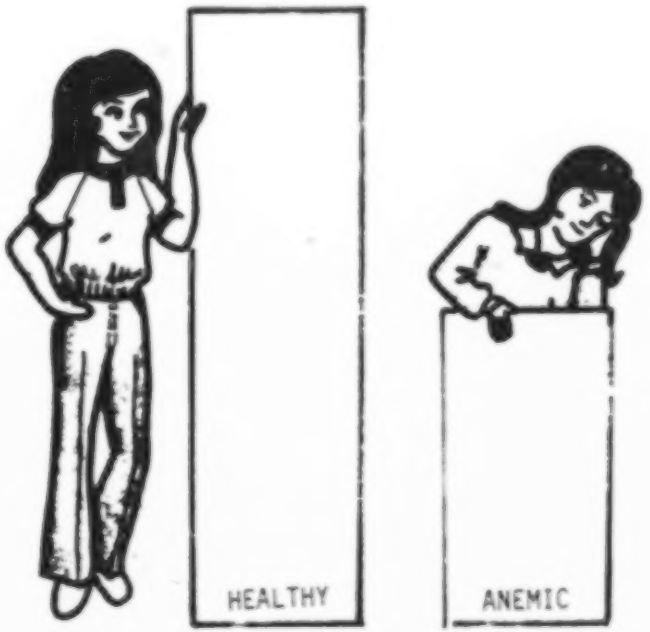
IRON IS VERY IMPORTANT FOR BLOOD. IRON HELPS CARRY OXYGEN TO ALL THE PARTS OF THE BODY. TOO LITTLE IRON IN YOUR BLOOD CAN RESULT IN IRON DEFICIENCY ANEMIA.

EATING FOODS HIGH IN IRON IS IMPORTANT FOR EVERYONE.



AMOUNT OF IRON IN BLOOD

WHO NEEDS EXTRA IRON?

1. Women who are having their periods every month.

2. Pregnant women, infants, young children and teenagers are all growing rapidly and are making more blood. They all need extra iron.

STAR the high iron foods in this list that you and your children will eat every day. UNDERLINE those you will eat at least once a week.

★★★★★★★★★★★★★★★★★★★★

HIGH IRON FOODS

MEAT GROUP

LIVER
DRIED BEANS
BEEF
PORK
CHICKEN
CLAMS
NUTS
EGG YOLKS

FRUITS and VEGETABLES

PEAS
KALE
COLLARDS
RAISINS
DATES
PRUNES
DRIED APRICOTS

BREADS and CEREALS

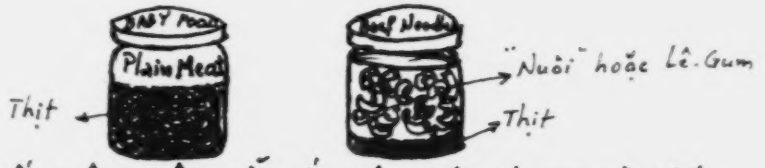
WHOLE WHEAT BREAD
ENRICHED: BREADS, CEREALS, RICE, NOODLES, or SPAGHETTI

ĐỒ ĂN CÓ NHIỀU CHẤT SẮT CHO EM BÉ

SỮA BỘT HOẶC SỮA NƯỚC ĐÃ ĐƯỢC THÊM CHẤT SẮT HOẶC CHẤT SẮT UỐNG GIỌT DO BÁC SĨ ẤN ĐỊNH.
Luôn luôn theo lời dặn của bác sĩ.

CỐM "CEREALS" TRONG NHỮNG HỘP CÓ NHÃN ĐỀ "FORTIFIED" TỨC ĐÃ ĐƯỢC TĂNG CƯỜNG THÊM CHẤT SẮT

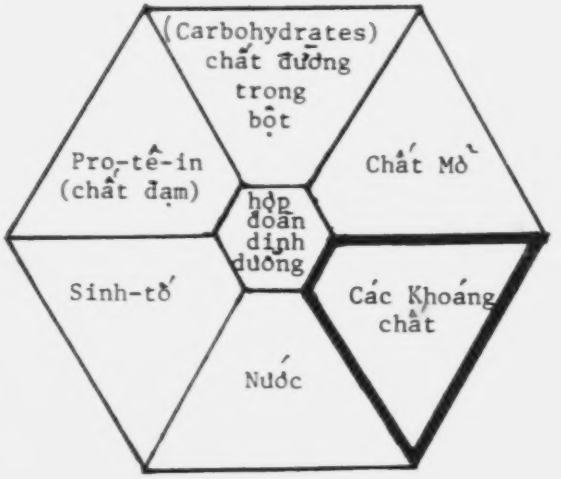
THỊT NGHIỀN NÁT BÁN TRONG CÁC LỌ ĐỒ ĂN EM BÉ "BABY FOOD".
Mua loại chỉ có thịt không có đường trộn lẫn với "nuôi" hoặc lê-gum vì nó sẽ cung cấp chất sắt 5 lần nhiều hơn.



THỊT NẾU KHÔNG TRỘN LẪN VỚI NUÔI HOẶC LÊ-GUM THÌ GIÁ ĐẮT HƠN, NHƯNG TÍNH LẠI THÌ LỢI HƠN VÌ NÓ CUNG CẤP RẤT NHIỀU CHẤT BỔ DƯỠNG

IRON - Vietnamese Translation by Tuyet Seethaler

CHẤT SẮT



NGUỒN GỐC VÀ NHIỆM VỤ CỦA KHOÁNG CHẤT TRONG CƠ THỂ

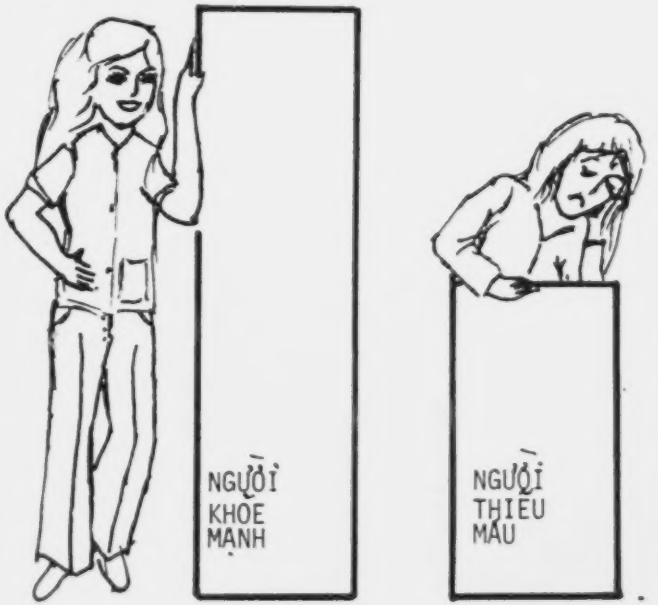
Phỏng theo tài liệu của đại học Cornell
Cooperative Extension Service
Utah State University • Logan

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, sex, color or national origin.

Issued in furtherance of Cooperative Extension work, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Clark Ballard, Vice President and Director, Cooperative Extension Service, Utah State University.

NHIỆM VỤ CỦA CHẤT SẮT

CHẤTSẮT rất quan trọng cho máu huyết trong cơ thể. Nó giúp vận chuyển dưỡng khí đến các cơ quan trong cơ thể. Nếu máu bị thiếu chất sắt bạn có thể bị chứng thiếu máu đỏ. Tất cả mọi người đều nên ăn những thực ăn có nhiều chất sắt vì tính cách quan trọng của nó trong cơ thể.



SỐ LƯỢNG CHẤT SẮT TRONG MÁU

NHỮNG AI CẦN CÓ THÊM CHẤT SẮT?

1. Đàn bà trong tuổi có kinh nguyệt.
2. Đàn bà có thai, em bé dưới 1 tuổi, trẻ con, trai gái ở tuổi dậy thì đều cần có thêm chất sắt để có đủ cho sự sản xuất thêm máu và sự tăng trưởng.

Đánh dấu thập bên cạnh những món ăn có nhiều chất sắt mà bạn và gia đình bạn thường ăn hằng ngày.
Gạch đích những món ăn mà bạn ăn ít nhất mỗi tuần một lần.

ĐỒ ĂN CÓ NHIỀU CHẤT SẮT

NHÓM THỊT

GAN
CÁC LOẠI ĐẬU (như đậu Chili)
THỊT BÒ
THỊT HEO
THỊT GÀ
SÒ
ĐẬU HẠT (như đậu phộng)
TRÒNG ĐỎ TRỨNG

TRÁI CÂY VÀ RAU CẢI

ĐẬU PETITS POIS
CẢI XANH LÁ XOĂN
CÁC LOẠI CẢI CÓ LÁ (như cải bẹ xanh)
NHO KHÔ
CHÀ LÀ
TÁO KHÔ
APRICOTS KHÔ

BÁNH MÌ VÀ CỐM CEREALS

BÁNH MÌ LÀM TỪ LÚA MÌ CÒN NGUYÊN CHẤT BÁNH MÌ CỐM CEREALS, CƠM, "NUỘI" HOẶC SPAGHETTI (MÌ Ý-ĐẠI-LỢI CỌNG DÀI). TẤT CẢ ĐỀU ĐÃ ĐƯỢC CHO THÊM SINH TỐ VÀ CÁC CHẤT BỔ DƯỠNG.

Lao Translation

ອາຫານເດັກເກີດໃໝ່ມີທາດເຫັກຫຼາຍ.

1. ທາດເຫັກເປັນທາດແຮ່ງແຮງ ທີ່ ຜ່ອນທາດເຫັກ.
ຕ້ອງປະຕິບັດ ຕາມຄຳ ແນະນຳ ຂອງແພດ.

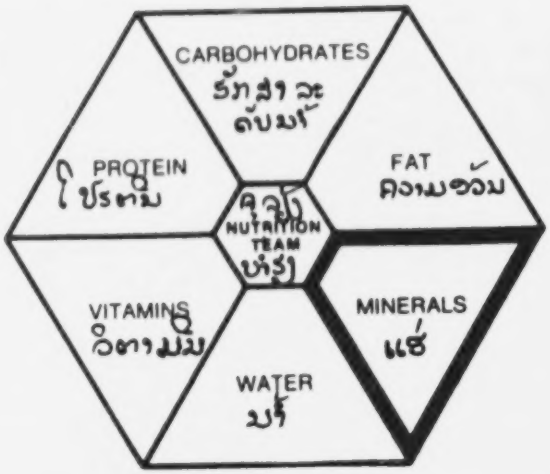
2- ຄຳ ແນະນຳ ອາຫານເດັກເກີດໃໝ່ ໃຫ້ ກິນ ເຂົ້າ ຢູ່ ກິນ ກັບ
« ເພື່ອ ຄວາມ ແຮ່ງ ແຮງ »

3- ອາຫານເດັກເກີດໃໝ່ ຢູ່ ໃນ ແກ້ວ

ອາຫານ ເດັກ ເກີດ ໃໝ່ ຢູ່ ໃນ ແກ້ວ ນັ້ນ ເກັບ ຄວາມ ແຮ່ງ ແຮງ ຫຼາຍ ກວ່ ນ 5 ເທື່ ອ ຕຳ ທາ ຂອ ເຫຼັ ກ ສົ ນ ນັ ເຈົ້ າ ເອງ ຄວນ ປະ ສົ ນ ອາ ຫາ ນ ໃຫ້ ເດັ ກ ກິ ນ ຕາ ມ ຣ ຄ ຫຼື ແກ ງ.

ອາຫານ ເດັ ກ ເກີ ດ ໃໝ່ ນັ ນ ຣ ຄ ດ ເໝ ງ ຄ ່ ກ ່ ດ ່ ເນ ັ ນ ທ ໃ ັ ນ ທ ຂ ເ ັ ກ ຕ ໂ ລ:
ໂ ປ ຣ ຕ ນ (protein) ແ ລ ະ ທ ໃ ັ ນ ກ ນ ຍ ງ ແ ລ ະ ວ ຕ ມ ນ.

IRON:
ທາດເຫັລກ:



A DIETARY MINERAL
ອາຫານພິເສດ ທາດແຮ່

Lao Translation by Inh Simoukda

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of sex, race, color, religion, national origin or handicap.

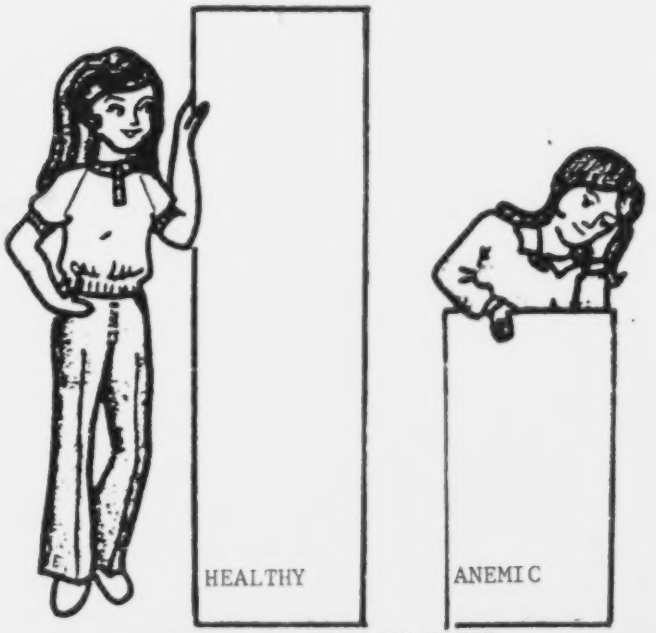
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S.Department of Agriculture. J. Clark Ballard, Vice President and Director, Extension Services, Utah State University.

EBALIAVA VOCA 2511

BEST COPY AVAILABLE

ເລືອດຂໍ້ຄົນທີ່ສຸດ ສຳຮັບທາດເຫຼັກ . ທາດເຫຼັກຊ່ວຍຮັກສາຈັກ
ຊີເຢັນທຸກໆ ພາກສ່ວນຂອງຮ່າງກາຍ . ຖ້າມີທາດເຫຼັກນ້ອຍເກີນໄປ
ໃນເລືອດເຈົ້າ, ຈະເຮັດໃຫ້ເລືອດຈາງ .

ການກິນອາຫານທີ່ມີທາດເຫຼັກເປັນສ່ວນສຳຄັນທີ່ສຸດ
ທຸກໆຄົນ.



AMOUNT OF IRON IN BLOOD

ຜູ້ໃດຕ້ອງການທາດເຫຼັກພິເສດ?

1. ແມ່ຍິງທີ່ເປັນປະຈຳເດືອນແຕ່ລະເດືອນ .
2. ແມ່ຍິງຖືພາ , ເດັກນ້ອຍເກີດໃໝ່ , ເດັກນ້ອຍ , ແລະ ພວກໜຸ່ມນ້ອຍ
ອາຍຸແຕ່ 13 ຫາ 19 ປີ ທີ່ກຳລັງເຕີບໃຫຍ່ ຂຶ້ນໄວ ແລະ ຫາກໍ່ເລີ່ມຕົ້ນ ກິນອາຫານ
ທີ່ມີທາດເຫຼັກພິເສດຕື່ມ .

ການກິນອາຫານທີ່ມີທາດເຫຼັກຫຼາຍ ແມ່ນ
ໝາຍເຖິງວ່າເຈົ້າຈະ ເຕັ້ນຫົວໃຈທີ່ມີທຸກໆວັນ
ຕ່ຳນ້ອຍທີ່ສຸດຄວນກິນໜຶ່ງເທື່ອ .

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ອາຫານມີທາດເຫຼັກຫຼາຍ
ຈຳພວກອາຫານ

ຕັບ
ໝາກຖົ່ວ
ຂີ້ເຫຍື້ອ
ຂີ້ໝູ

ຫອຍ(clams)
ໄກ່
ໝາກໄມ້ ມີ ໝັ ໝັ
ໄຂ່

ໝາກໄມ້ແລະຜັກຕ່າງໆ

ໝາກຫລອງ
ຄາເລ (KALE)
ໂກລາທ (collards)

ໝາກ ເລ ເລ
ເດເຊີ (dates)
ໝາກ ສ ປ ຣ ກ ວ ແຫ້ງ
ໝາກໝັ (prunes)

ເຂົ້າຈີ່ແຜ່ນ ແລະ ເຂ ຽ ມ

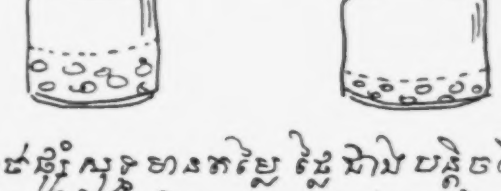
ເຂົ້າຈີ່ແຜ່ນ ເຮ ຕ ລ ເ ຢ ເ ລ . ເພ ຍ ວ ມ
ວ ມ ສ ບ ບ ຂ , ເ ຂ ຈ ແ ຜ ນ , ເ ຂ ຽ ມ , ເ ຂ , ເ ສ ຍ
ໝ ກ ເ ສ ເ ສ .

ម្ហូបធាតុដែលមានជាតិដែកច្រើន

១- រូបមន្តអាហារជាតិដែកឆ្អឹង ឬ ជាតិដែកគំលាក់
IRON-FORTIFIED FORMULA OR IRON DROPS
ស្លាកផ្លែតាមការណែនាំរបស់វេជ្ជបណ្ឌិត

២- អង្ករសាច់ឆាក ជាក់ប្រអប់ដែលមានឆ្លាក់ផ្ទៃថា្ន "ភ្លឹង"
"FORTIFIED"

៣- សាច់ថ្លាសំរាប់ឆាក ជាក់ក្នុងទឹកវា
សាច់ថ្លាស្រួចសាច ឆ្ពិស ជាតិទឹកសើសម្លៀងដែរ តែមួយ
ឬសម្លបហ្មូសគ្នា ។



សាច់ថ្លាស្រួចមានតម្លៃថ្លៃជាងបន្តិចតែគេអាចរក
ជាតិទឹកដែរ "ប្រូតេអ៊ីន" ច្រើនណាស់ ។ អាចថ្លើចោកដោយសារ
តែគ្រឿងថ្លើរដែរ ។

ជាតិដែក :

ម្ហូបទាំងនេះមានជាតិដែកល្អ
ឬ បង្ហិន

CAMBODIAN TRANSLATION BY SAVRIN ENG
Cooperative Extension Service
Utah State University • Logan

ជាតិដែកសំខាន់សម្រាប់ការដុះលូតលាស់ ជាតិដែកជួយ ដល់ការដឹកជញ្ជូន "អុកស៊ីហ្សែន" ទៅគ្រប់ចំណែកនៃរាងកាយ ។ ជាតិដែកនឹងធ្វើឲ្យ រាងកាយបង្កើតបានជាឈាម ។ បើរាងកាយខ្វះជាតិដែក វានឹងធ្វើឲ្យកើតជាជំងឺ ANEMIA ។

បរិភោគអ្នកមានជាតិដែកច្រើន ជាការសំខាន់របស់ក្មេងៗ

ជំនួនជាតិដែកនៅក្នុងឈាម

អ្នកណាត្រូវការជាតិដែកបន្ថែម ?

១- ក្មេងដែលមានទម្ងន់តិចជាងធម្មតា ។

២- ក្មេងមានជំងឺពោះវៀន ដូចជា ក្រពះពុះ និងមានការរលាកជំងឺដែលធ្វើឲ្យ ក្អួតចង្អោរ ហើយធ្វើឲ្យបាត់បង់ឈាមច្រើន ។ ករណីទាំងនេះត្រូវការជាតិដែកបន្ថែម ។

ខ្មែរ ម្ដាយមួយចាននៃជាតិដែកច្រើន នៅក្នុងបញ្ជីនេះ នៃលម្អូកនិងក្នុងម្អូកដែលអ្នកបានរកស៊ីថ្ងៃ ។ **ក្មួស ពីត្រោម** របស់ណាអ្នកនិងកូនបានយកមក បោះណាស់មួយរាត្រីក្បាលម្ដង

ម្ហូបមានជាតិដែកច្រើន ÷
(HIGH IRON FOODS)

ពួកសាច់

- ថ្លើម
- ក្រាប់បន្លែស្លឹកខ្ចីដែលស្រស់
- សាច់គោ
- សាច់ជ្រូក
- មាន់
- ពពួកអ្នកដែលរស់នៅក្នុងទឹក (CLAMS)
- គ្រាប់ (NUTS)
- ផ្លែឈូកហាមនៃស្ងួត

ផ្លែឈើ និង បន្លែ

- សណ្ដែកពណ៌បៃតង (PEAS)
- ទឹកមានស្លឹកសាគន់ (KALE)
- ទឹកមានស្លឹកគ្រញាញ់ COLLARDS
- "អាប្រីកុត" ស្ងួត (ការពារភ្នែក)
- ផ្លែទំពាំងបាយជូ RAISIN
- ផ្លែត្នោតខ្ចី DATES
- "ផ្លឹស្វាន" PRUNES

ដំឡូង និង ប្រភេទដំឡូងមួយ

- ដំឡូងផ្ទៃ ឬមួយចោះសាសស្រួច
- ដំឡូង និង ម្ហូបធ្វើពីម្សៅ ដូចជា ក្រាប់ផ្សេងៗ ជាដើម
- អង្ករ ឆ្អឹយមាន ខ្លាញ់ពោះ NOODLES, SPAGHETTI

GUIDE TO GOOD EATING

A Recommended Daily Pattern

The recommended daily pattern provides the foundation for a nutritious, healthful diet.

The recommended servings from the Four Food Groups for adults supply about 1,200 Calories. The chart below gives recommendations for the number and size of servings for several categories of people.

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk 1 cup milk, yogurt, OR Calcium Equivalent: 1½ slices (1½ oz.) cheddar cheese 1 cup pudding 1 3/4 cups ice cream 2 cups cottage cheese	3	4	2	4	4

BẢN CHỈ DẪN VỀ CÁCH ĂN UỐNG LÀNH MẠNH

HẰNG NGÀY XIN NOI THEO BẢN CHỈ DẪN NÀY

Bản khuyến dẫn hằng ngày sau đây sẽ giúp quý vị hiểu về căn bản của cách ăn uống đầy đủ bổ dưỡng và lành mạnh.

Số phần ăn mà quý vị được chỉ dẫn nên theo về Bốn Nhóm Thực Phẩm căn bản sẽ cung cấp khoảng 1.200 nhiệt lượng cho người lớn.

Bản liệt kê dưới đây chỉ dẫn cho quý vị biết về số lượng của mỗi phần ăn cho nhiều nhóm người khác nhau:

Loại Thực Phẩm	Số phần ăn nên dùng				
	Trẻ con	Thanh niên Thiếu nữ Từ 13-19 tuổi	Người lớn	Đàn bà Có thai	Đàn bà trong thời gian cho con bú
SỮA 1 tách sữa, "da-ua" HAY SỐ CHẤT VÔI TƯƠNG ĐƯƠNG với: 1½ lát (= 42 gờ-ram) phó-mách màu vàng (cheddar cheese) 1 tách pudding 1 3/4 tách kem 2 tách cottage cheese**	3	4	2	4	4

* Thức ăn tráng miệng làm bằng sữa, trứng, đường, v.v...
** loại sữa ở trạng thái đông cục

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Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz.) cheddar cheese 1/2 cup cottage cheese 1 cup dried beans, peas 4 tbsp. peanut butter	2	2	2	3	2
Fruit-Vegetable 1/2 cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana	4	4	4	4	4
Grain, Whole grain fortified, enriched 1 slice bread 1 cup ready-to-eat cereal 1/2 cup cooked cereal, pasta, grits	4	4	4	4	4

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Loại Thực Phẩm	Số phần ăn nên dùng				
THỊT	Trẻ con	Thanh niên Thiếu nữ Từ 13-19 tuổi	Người lớn	Đàn bà có thai	Đàn bà trong thời gian cho con bú
2 oz (= 56 gram) Thịt nạc, cá, gà nấu chín, HAY SỐ LƯỢNG PROTÊIN TƯƠNG ĐƯƠNG VỚI: 2 trứng gà 2 lát (2 oz.) phó-mách màu vàng cam (cheddar cheese) 1 tách đậu khô hoặc đậu trái 4 muỗng súp bơ dậu phộng	2	2	2	3	2
TRÁI CÂY - RAU CẢI	4	4	4	4	4
1/2 tách đậu nấu chín hay nước cốt 1 tách nếu còn tươi 1 trái chuối hay 1 trái táo cỡ trung bình thuong được dùng cho 1 phần ăn nay					
HẠT, hạt còn nguyên chất, đã được tăng thêm sinh tố hoặc đã được tăng thêm chất bổ dưỡng 1 lát bánh mì 1 tách cốm cereal (sẵn sàng để ăn) 1 tách cốm cereal, "nuôi" hay các loại ma - ca - ro - ni nấu chín	4	4	4	4	4

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GUIDE TO GOOD EATING

A Recommended Daily Pattern

The recommended daily pattern provides the foundation for a nutritious, healthful diet.

The recommended servings from the Four Food Groups for adults supply about 1,200 Calories. The chart below gives recommendations for the number and size of servings for several categories of people.

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk 1 cup milk, yogurt, OR Calcium Equivalent: 1½ slices (1½ oz.) cheddar cheese 1 cup pudding 1 3/4 cups ice cream 2 cups cottage cheese	3	4	2	4	4

GUIDE TO GOOD EATING
LAO TRANSLATION

ຄຳແນະນຳທາງດ້ານ.

ການລ້ຽງ ແລະ ຂ່າລ້ຽງຮ່າງກາຍ ໃຫ້ມີສຸຂະພາບດີແຕ່ລະວັນ.

ຈຳນວນອາຫານ 4 ຢ່າງໃນການແນະນຳນີ້ ຜູ້ໃຫ່ຍຕ້ອງກິນ ປະມານ 1200 ກາລໍຣີ ແລະ ໃຫ້ເຊິ່ງ ຕາມຕາຕ່ອງ ທີ່ ບອກໃຫ້ຮູ້ ຈຳນວນ ກິນ ສະເພາະ ບຸກຄົນ ຢູ່ ລຸ່ມນີ້:

ປະເພດອາຫານ	ການກິນອາຫານ ຈຳນວນ ຂອງ ແຕ່ລະຄົນ ຢູ່ ລຸ່ມນີ້:				
	ເດັກນ້ອຍ	ອາຍຸ ແຕ່ 13 ຫາ 19 ປີ	ຜູ້ໃຫ່ຍ.	ຜູ້ທີ່ ຖືພາ ຫຼື ລ້ຽງລູກ	ຜູ້ທີ່ ມີ ອາຍຸ ຫຼາຍ ກວ່າ 50 ປີ ຂຶ້ນ ໄປ.
ນ້ຳນົມ, ນ້ຳ ປຸ້ງ ສະລັດ ຫຼ່ອ ເກ້ຍ ຫຼື ໄທ ຊີ ກໍ ໄດ້ ແຕ່ ເທົ່າ ທຸກ ມື້ ½ ແກ້ວ ນ້ອຍ (4 ອໍ ຂຶ້ນ ໄປ) ຕໍ່ ວັນ ເພື່ອ. 1 ຈອກ ຫ່ຳ ດີ. 1¾ ຈອກ ໃຫ ສະ ກໍ ໄດ້. ½ ຈອກ ກ ອກ ຫາ ຈືດ:	3	4	2	4	4

ຈຳນວນ ໝາຍ ເຈດ ແຕ່ລະ ຕ້ອງ ຂ້ຽງ ເທິ່ງ ນີ້ ສະ ແດງ ວ່າ ທ ຕ້ ແນະ ນຳ ໃຫ້ ກິນ ແຕ່ ລະ ມື້ ເທົ່າ ໃດ ຄັ້ງ.

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz.) cheddar cheese 1/2 cup cottage cheese 1 cup dried beans, peas 4 tbsp. peanut butter	2	2	2	3	2
Fruit-Vegetable 1/2 cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana	4	4	4	4	4
Grain, Whole grain fortified, enriched 1 slice bread 1 cup ready-to-eat cereal 1/2 cup cooked cereal, pasta, grits	4	4	4	4	4

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ประเภทอาหาร	ການກິນອາຫານ ຈຳນວນ ຂອງຄົນໃນຄອບຄົວ				
	ເດັກນ້ອຍ	ວັຍຫນຸ່ມ ແຕ່ 13 ຫາ 19 ປີ	ຜູ້ໃຫ່ຍ	ຜູ້ຍິງຖືພາ ຫຼື ລ້ຽງລູກດ້ວຍນົມແມ່	ຜູ້ຍິງສູງອາຍຸ ຕັ້ງແຕ່ 60 ປີ ຂຶ້ນໄປ
ນົມ: 1 oz ນົມສົດ ປະມານ 56 ກລາມ ນົມ, ໄອ້ ຫຼື ອາຫານ ທີ່ມີ ສ່ວນປະກອບ ທີ່ເຮັດ ຈາກ ນົມ ເຊັ່ນ: 1½ ນິ້ວ ຂອງ ແຜ່ນ 1 ແຜ່ນ ບາງ (1 oz) ເຊັ່ນ ຊີດ: cheddar cheese). ½ ຈອກ ຂອງ ກ້ອນ ເນີ (cottage cheese). ½ ຈອກ ຂອງ ຖົ່ວ ແດງ, ຖົ່ວ: (dried beans) peas. ½ ຈອກ ຂອງ ໄອ້ ແຊ່ ເຢັນ ຫຼື ໄອ້ ໄສ.	2	2	2	3	2
ຫມາກໄມ້ - ຜັກ: ½ ຈອກ ນ້ຳ ໝາກໄມ້. ½ ຈອກ ໝາກໄມ້ ດິບ ເຊັ່ນ: ໝາກ ແອັບ ຫຼື ໝາກ ກ້ວຍ.	4	4	4	4	4
ປະເພດ ເມັດ ທີ່ ເຮັດ ເປັນ ສິ່ງ ທີ່ ຮ່ຳ ລາຍ ເຊັ່ນ: 1 ແຜ່ນ ເຂົ້າ ຈີ່ ບາງ 1 ½ ຈອກ ຂອງ ເຂົ້າ ໂພດ ທີ່ ແຫ້ງ ແລ້ວ 1/2 ຈອກ ຂອງ ເຂົ້າ ໂພດ, ປະ: ຫາ, ກາ ລິດ (cereal, pasta, grits).	4	4	4	4	4

Lao translation by Inh Simoukda, Refugee Programs,
Utah State University Cooperative Extension Service, Logan, Utah

SOURCE: Based on materials provided by the National Dairy Council

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